CLAIMS

1.   A method for improving the performance of a decoder, comprising:

determining an energy value for a transmission from a first station to a second station, the decoder residing in the second station;

forming a message carrying the energy value; and

transmitting the message to the second station.

2.   The method of Claim 1, wherein the step of transmitting the message comprises positioning the message in a preamble.

3.   The method of Claim 1, wherein the step of transmitting the message comprises positioning the message in a subpacket.

4.   The method of Claim 1, wherein the step of transmitting the message comprises positioning the message between a preamble and a subpacket.

5.   The method Claim 1, wherein the step of forming a message carrying the energy value comprises:

locating the energy value in look-up table; and

including an index value corresponding to the energy value in the message.

6.   The method of Claim 1, wherein the first station is a base station and the second station is a remote station.

7.   The method of Claim 1 wherein the first station is a remote station and the second station is a base station.